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Medicine Chests

OF ALL KINDS,

WITH

DIRECTIONS

SUITABLE TO THEIR CONTENTS,

CAREFULLY PUT UP BY

WILLIAM BLASLAND,

CORNER OF CONGRESS AND WATER STREETS,

(Opposite the Post-Office,)

Boston.

ARRANGED UNDER THE INSPECTION

OF A

RESPECTABLE SURGEON & PHYSICIAN

OF THIS CITY.

BOSTON:

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WILLIAM BLASLAND, Druggist.

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INTRODUCTION.

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Believing that most, if not all, the Printed Directions for the use of Medicines, which usually accompany Medicine Chests, are either written without perspicuity, or in such a manner as only to be understood by those skilled in the medical science, I have thought that a work of the kind which I now offer to the public would be useful.

I have endeavoured to clothe this little production in such a dress as will render it clear and easily to be understood by persons of even ordinary capacity. cannot be expected that persons unacquainted with the science of medicine can ascertain from their own feelings, or from the symptoms exhibited in others, the precise name of particular diseases; but having in this work spoken of the different medicines according to the effect their operation on the system is calculated to produce, persons not skilled in medicine may, from symptoms, judge nearly what article of the Materia Medica will probably afford relief; for instance, if a person complains of sickness at the stomach, loathing of food, or has a furred tongue, with a disagreeable taste in the mouth, it might reasonably be supposed that an Emetic would be efficacious; but previous to administering such it is of consequence we should know

what article and quantity will produce the effect desired, and what cautions are to be observed in the course of their operation. These are what I have endeavoured to point out in the shortest and most intelligible manner the nature and importance of the subject would admit of.

As the object of this work is to aid persons whose situation and circumstances in life may have placed them beyond the reach of professional assistance; and as it is not attempted to offer any thing new to the profession, the Author flatters himself that this attempt to extend the benefits of the healing art will be properly appreciated, and though he does not expect to instruct the learned, he hopes to relieve the afflicted.

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MEDICAL DIRECTIONS.

No. 1.

TART. EMETIC.

Dissolve six or eight grains in as many large spoonfuls of water—give one spoonful every 15 minutes, until it operates, and drink a draught of warm water after each operation. It is proper in sickness of the stomach, and in pains of the head proceeding from a foul stomach.—By being taken in the first attack of these complaints, it will often prevent a fever; but if a pain in the side or difficulty of breathing attends them, the person should lose half a pint or three gills

of blood before he takes the emetic. If it should work very violently, or a great many times, let a teaspoonful of common salt be dissolved in a cup of cold water and drank every ten minutes, until it abates.—When copious discharges from the bowels do not follow the operation of the Emetic, give a dose of salts the next day.—Sometimes a person will have distressing pain in the stomach after the Emetic has worked, in which case you must give twenty drops of Lauda num (No. 5) every half hour till he is casy.

No. 2.

JALAP & CALOMEL....or

PURGING POWDERS.

A teaspoonful or a powder may be taken in a little molasses or syrup when a person is violently attacked with disease, as the Yellow Fever, Putrid Fever, Small Pox and Cholic. Drink water gruel during the operation. If it does not operate in five or six hours, repeat the dose.

No. 3.

NITRE....or COOLING POWDER.

In high burning fevers, especially in pleurisy, rheumatic, or any other fever, where there is great heat or thirst, give a teaspoonful of this powder in a teacupful of balm or other herb tea. It may be repeated once in 2 or 3 hours, or oftener, if the heat, pain or thirst be great. In case of Pleurisy, Lung or Rheumatic Fever, where the pain and fever are great, Bleeding, in the first place, is proper.

No. 4.

BARK.

Proper in almost all cases of Debility, particularly in Intermittent Fevers. Previous to giving it, administer Purge No. 2. It is also proper in all Putrid and Nervous Fevers, and especially in the Throat Distemper. Dose—a teaspoonful to be taken in a little wine or water, and repeated once in two, three or four hours, as occasion may require. In Intermittent Fever (or Fever and Ague, as it is called) should the disorder not give way by administering Purge No. 2 and the use of Bark for a week or fortnight, administer an Emetic (No. 1) when the patient perceives the cold fit coming on; afterwards use the Bark once in 2 or 3 hours. If this does not break it up, at the coming on of the Ague Fit give 20 or 30 drops of Laudanum (No. 5) and continue the Bark as beforewhich treatment will seldom fail of effecting a cure.-In Putrid Fevers add to a dose of the Bark 10 or 15 drops of Elixir Vitriol (No. 6) which will contribute very much to its efficacy.

N. B. In dangerous cases, where the Bark is used, it may be given as often, and in as large doses, as the stomach will bear. It should be given at the going off A CANADA

of Fevers of all kinds.

No. 5.

LAUDANUM.

Good in all violent Pains, Cholic, Rhomatism, &c. or to moderate the violent workings of physic; also to procure sleep when wanted. From 15 to 30 drops is a dose, in wine and water or tea. It is proper to put upon a fresh wound when painful, and may be repeated so often as to keep the dressings wet, until it relieves the pain. In case of Cramp or violent spasms of the stomach, this may be given in a dose of 35 or 40 drops, and repeated every hour until it relieves the pain. It should be given immediately in case of cramp, spasm or violent cholic. 15 or 20 drops of Peppermint (No. 10) may be added to the dose in case of Cramp at the Stomach or bad Cholic.

No. 6.

ELIXIR VITRIOL.

Good in Loss of Appetite and Nausea at Stomach, also in Night Sweats after recovery from fever. Take 25 drops three times a day. It also makes a pleasant drink in hot Fevers, by putting a few drops in water, and making it palateable. It is particularly serviceable in Loss of Appetite and Scurvy, taken as directed.

No. 7.

CREAM OF TARTAR.

Half a spoonful, in a pint of boiling water, after being cooled is a good Drink in Fevers; quenches thirst; is good for a difficulty in making water or heat in urine. A teaspoonful in molasses, taken for a considerable time, is good against Surfeits and Hot Humours, and to purge the blood after the continued use of mercury.

No. S.

FLOUR OF SULPHUR.

This is a useful medicine to be given when a person has got a Sore Mouth by taking mercury. A teaspoon-

ful of it may be taken night and morning in a little molasses. It is an excellent medicine in almost all cutaneous diseases. An ointment of half a pound of Hog's Fat and four ounces of sulphur, mixed thoroughly together, is a safe and sure remedy for the Itch.

No. 9.

CAMPHOR.

A table spoonful of this dissolved in a pine of g spirit, is good to bathe Sprains and Bruises, and may be used as a substitute for opodeldoc. In Nervous Fever from half to a teaspoonful may be given in half a wine glass of water, where the patient has a bad headache and is very nervous.

No. 10.

ESSENCE OF PEPPERMINT.

Is useful in Cholics, attended with wind; after eating too much; sea-sickness, &c. Drop 15 or 20 drops on sugar, and dissolve it in a cup of hot water for a dosc. Repeat it often if occasion requires.

No. 11.

RHUBARB POWDER.

It is proper to be given in Diarrhæa, or in other cases where gentle purging is wanted. One powder, or a teaspoonful, may be given in tea or syrup. During the operation let the patient drink freely of watergruel. In Diarrhæa, after the operation give 25 or 30 drops of Laudanus (No. 5) in wine and water or tea;

No. 12.

CASTOR OIL.

This is a gentle purge, and in general produces its effects without griping. It may be given in cases where acrid and stimulating purges are improper. Dose, from one to two table spoonsful.

No. 13.

ELIXIR SALUTIS.

A useful purge in cholicy complaints, and for those who have been accustomed to the use of spirituous liquors. It may be mixed with Castor Oil, (No. 12) Take two table spoonfuls of each, shake them thoroughly, give the patient two thirds of it at first, and if it does not operate in 3 or 4 hours, give the remainder. Mixed with Castor Oil it is a very useful Purge in Dysentary, and is equally useful in Cholic.

Dose, from 2 to 4 table spoonsful, when taken alone.

No. 14.

PAREGORIC.

This is useful in Coughs and Asthmatic complaints, more particularly such as are troublesome in the night. Take one or two teaspoonsful of this medicine in half a tumbler of snake-root tea (No. 15) on going to bed. In a troublesome tickling Cough a teaspoonful, given in almost any thing most agreeable, will afford relief. It is likewise good to procure sleep.

No. 15.

SNAKEROOT.

In cases of severe Cold, put a small quantity of this root into a tea-pot, turn boiling water upon it, set is on the fire, and let it steep half an hour; give the patient half a tumbler of it on going to bed, and repeat the dose every half hour till free perspiration is produced. It may also be given once in 2 or 3 hours in slow Nervous Fever and Fever and Ague, also ir Throat Distemper. It is a warm stomach medicine and is often taken with advantage in Weakness and Faintness at the Stomach.

No. 16.

DOVER'S POWDER.

These powders are good for producing a copious sweat, in Rheumatic, Dropsical, and some other cases where the common diaphoretics do no service. Dose, from 5 to 10 grains, according as the stomach will bear it. It is not proper to drink much immediately after taking the powder, as it is in danger of being thrown up.

No. 17.

SALTS.

Fley are a cooling Purge, and proper to be taken in all cases where gentle and cooling physic is wanted. Dose, dissolve two table spoonfuls in half a tumbler of water, and give it to the patient all at once.

No. 18.

PURGING PILLS.

In cases of Costiveness and Head-ache, Indigestion, Flatulency, or in any case where a gentle purging is required, one of these pills should be taken on going to bed. It will operate two or three times the next morning. In Bilious complaints, for which they are very good, let one be taken every third night. At the same time use Bitters (No. 21) once in 6 or 8 hours.

No. 19.

TURLINGTON'S BALSAM.

For weakness, pain, or faintness at the stomach, or in sudden eramp-like or rheumatic pains, 30 to 40 drops of this balsam may be taken in a little wine or spirit and water 3 or 4 times a day, or oftener as occasion may require.

No. 20.

BLISTERING PLASTER.

In Pleurisy or Lung Fever, where there are violent pains in the side or breast, spread a plaster upon leather or eanyas, and apply it immediately over the seat of pain. Keep it on until it is fully drawn; then take it off, cut the blisters, and let out the water; afterwards dress it with Turner's Cerate (No. 36.)——In bad pains in the right side, upon the region of the liver, apply a blistering plaster; and in violent Headache apply a blister to the back of the neck—always dressing as above directed.

No. 21.

STRENGTHENING BITTERS.

Pour a quart of boiling water on a paper of these bitters and let them steep for a short time, after which half a glass or a glass full may be taken in a glass of wine twice or 3 times a day as the nature of the case may require. They are proper to be given in almost all cases of debility, especially where it is attended with weakness at the stomach, indigestion, and want of appetite.

N.B. If prefered, a gill of brandy or spirit can

he added to the above, in order to preserve it.

No. 22.

CHAMOMILE FLOWERS.

A pint of boiling water poured on a dozen of these flowers, makes a Tea which may be used to assist the operation of an Emetic. It may also be drank freely in Fevers to which people are subject in hot climates. Many people chew them for weakness at the stomach; also as a substitute for tobacco.

No. 23.

VOLATILE SPIRITS.

Proper to be held to the nose in Faintings or in Fits. 25 or 30 drops may be taken in a little water or herb tea, and the temples rubbed with vinegar. This medicine may be taken for heartburn in the dose above mentioned.

No. 24.

STICKING PLASTER.

This is suitable to spread on the margin of a blistering plaster, to make it adhere to the part. For its further uses see under the head 'Fresh Wounds.'

No. 25.

BALSAM COPAIVA.

Is good for Inward Strains and Venereal Gleet.— Dose—a teaspoonful three times a day, mixed with sugar.

No. 26.

SUGAR OF LEAD.

A teaspoonful of this in half a pint of rain or other fresh water, makes lead water, a very proper wash for sores of all kinds which run much—should be used at every dressing of gun-shot wounds, burns, &c. before salve is put on—it is also a good Eye-Water.

No. 27.

WHITE VITRIOL.

Half a teaspoonful in half a pint of water, adding, if necessary, 20 or 25 drops of Laudanum (No. 5), makes a very good Eye Water. Mixed with an equal quantity of No. 26, it is used as an Injection.

No. 28.

FLAX-SEED.

A Tea is made by pouring one quart of boiling water on 3 table-spoonsful of the seed, and letting it stand for some time. It may be sweetened with sugar, and, if desirable, the juice of a lemon may be added. This is an excellent demulcent drink in Coughs, &c. and it may be used freely in the Dysentary, also in the Venereal Disease. It is frequently substituted for Gum Arabic.

No. 29.

CALOMEL.

This is a very useful and efficacious medicine, but requires caution and judgment in its administration. It is a preparation of mercury, and strict attention to the directions should be attended to, or mischief may be produced by it. In violent attacks of Pleurisy, or Lung Fever, after Bleeding, (if necessary), and Blistering, one or two grains of this medicine may be given once in 6 or 8 hours, until the inflammatory symptoms abate, which are known by the abatement of the pain and difficult breathing; but if at any time a sore mouth or too much looseness be produced, omit the use of it. Inflammation of the Liver, which is known by a bad pain in the right side, generally accompanied with some swelling directly under the ribs, and to which people who are in the East-India trade are very subject, should be treated in the first stage very similar to pleurisy; using the calomel as above directed. In the Yellow Fever this medicine may be given to the extent of 3 or 4 grains once in 3 or 4 hours, and continued until the violence of the disease abates, unless it produces too much

purging or sore mouth, in either of which cases omit its use. This medicine may be given as a substitute for mercurial pills in bad cases of the pox, in doses of 2 or 3 grains once or twice a day; on the mouth becoming sore omit the use of it for a few days, then use it as before if the disease has not abated. A sore mouth, produced by the use of this or any other mercurial medicine, is soon removed by taking enough of the Flour of Sulphur night and morning to keep the bowels a little open, and washing the mouth often with flax-seed tea.

No. 30.

MERCURIAL PILLS.

These Pills are proper to be given in all cases where mercury ought to be slowly introduced into the system. They may be given night and morning, and continued (unless the person gets well before, in which case their use would be unnecessary) until the teeth and gums become sore, and the patient begins to spit. When this occurs omit the use of the Pills until it abates, after which, if necessary, use them as before. These Pills are proper to be given in the Liver Complaint, after bleeding and blistering. [See the article Calomel (No. 29) and Mercurial Ointment (No. 32).] While using these Pills be careful not to take cold.

No. 31.

MERCURIAL SOLUTION.

This has been found to be a very efficacious medicine in obstinate cases of Diseases of the Skin. 30 or 40 drops may be taken in water or tea night and morning; it may be continued for a long time without producing a sore mouth, and a person while taking it is not so liable to take cold as when taking the other preparations of mercury. In blotches on the body it is a very effectual remedy, and in almost all obstinate bad humours, when continued for some time. For its other uses see general directions of the venereal disease.

No. 32.

MERCURIAL OINTMENT.

This is a useful article to destroy vermin. Besides this it has been found useful in inflammatory swellings and hardness of the liver, a disorder to which those visiting the East-Indies are peculiarly liable. When you find, from hard swelling and pain in the right side, the liver is affected, and the usual remedies, such as bleeding, purging, &c. do not afford relief, rub on the part a piece of this ointment, the size of a nutmeg, once a day. If a soreness of the mouth or spitting should come on, omit the ointment for a few days till it abates, and give a purge (No. 16) to carry it off. For its other uses see general directions of the venereal disease.

No. 33.

RED PRECIPITATE.

This should be applied to all wounds where there is fungous flesh (or proud flesh, as it is called), in high-edged foul ulcers, and in all old sores where there appears to be dead sloughy flesh. In any of the above cases sprinkle enough of the precipitate thinly to cover the surface of the wound; then lay a little Lint over it, and over this put a plaster spread with Basilicon (No. 35). Continue this dressing once a day

till the sores put on a healthy appearance. For further particulars see general directions of the venereal disease.

No. 34.

BLUE STONE.

This is useful in obstinate ulcers, where there are hard edges and fungous (or proud) flesh in them. They may be touched with the stone or washed with a weak solution of it in water.

No. 35.

BASILICON.

Proper for old Sores of any kind, and for assisting the discharge from blisters; also good to be applied to Wounds—spreading it upon linen and applying it to the wound after the first dressing is taken off.

No. 36.

TURNER'S CERATE, OR HEALING SALVE.

A cooling ointment, and good for dressing wounds occasioned by burns and scalds, or any sores that require a cooling and healing application—to be spread on linen and applied to the sore. It is likewise good to dress Blisters with.

No. 37.

ALUM.

Taken internally acts as an astringent, and is sometimes made use of as a bolus or gargle in sore throat.

LEATHER, LINT, TOW, LANCET, & SYRINGE, are also in the Chest.

GENERAL

DIRECTIONS FOR THE SICK.

A volume might be usefully written on this subject, but my remarks here, as on the use of Medicines, will be short and simple, as I shall only give a few Directions on the best method of preparing some of the articles in common use, in order that the errors may be avoided that sometimes happen where verbal directions.

tions only are given.

It is of great importance in preparing articles for the sick, that the greatest cleanliness should be observed, and that proper vessels should be used. Silver, iron and tin are preferable, as lead, or vessels glazed with the preparations of that article, and Copper, unless well tinned, are liable to communicate poison. The disorders to which mankind are subject, are so many, and so intricate, that it is not possible to lay down Directions suitable to their treatment, any farther than to mitigate the most obvious symptoms, and in some measure to conduce to a cure by assisting nature. It is therefore advisable for all persons who are enabled to do so, that they send for a Physician or Surgeon upon the first attack of any disease, or immediately after an injury happens; being careful, where practicable, to employ the most experienced and judicious of the profession; and to guard against the employment of ignorant Quacks, who are in the habit of visiting foreign vessels, impose upon the seamen, and often cost them their lives.

BLEEDING.

This is sometimes proper after a bad fall or violent blows, especially on the head and breast; at the beginning of some fevers which are attended with throbbing pains in the head or side; great thirst and heat, and spitting of blood. But as the loss of Blood has a very debilitating effect, it ought to be avoided in all cases attended with great weakness, or where you are not sure of its being necessary. When you wish to bleed a person tie a bandage moderately tight round the arm, two inches above the elbow; after the veins have filled, pass the lancet carefully into the largest vein, which rises on the inside of the elbow joint, taking care not to go very deep. When you have extracted 3 or 4 gills of blood, take off the bandage, lay a piece of lint over the incision, and tie a bandage over it sufficiently tight to prevent the blood flowing, but not so tight as to excite pain.

FEVERS,

That are attended with a hard full pulse, dry skin, great heat, thirst, sharp pains in the side, back or head, require bleeding upon the first attack of the disease; to have the bowels kept open with salts or other physic; and to drink freely of toast-water. If there is a sickness at the stomach give a dose of Tartar Emetic (No. 1). After it has worked give a dose of Salts (No. 17) or Rhubarb (No. 11.) If the pulse should become very small and weak, with a dull heavy pain in the back, nausea, anxiety, and great loss of strength, after giving an Emetic (No. 1) give a teaspoonful of Bark (No. 4) in a glass of wine, once in 4 hours or oftener.

FEVER AND AGUE.

One hour before you expect the cold fit to come on, give an Emetic [No. 1]. After its operation give 20

to 30 drops of Laudanum [No. 5] in a cup of Snakeroot Tea, and cover the patient up warm in bed, so as to excite perspiration. When the fit is over give as large a quantity of Bark [No. 4] as the person can bear without creating a tightness across the breast.—3 to 6 teaspoonsful should be given every half hour in the Ague which comes on every day—every fourth hour in that which comes on every third—and every sixth hour in that which comes on every fourth day.

DYSENTARY.

Give Rhubarb [No. 11] till it has a free operation; then give 20 to 30 drops of Laudanum [No. 5] every 12 hours, if the stools should prove frequent. In obstinate Dysentaries it is often useful to give the Salt and Vinegar mixture, which is thus prepared. Put into a cup of vinegar two table-spoonfuls of common salt; stir it a few minutes, pour off the vinegar, and add to it twice the quantity of hot water. Let the patient take two table-spoonfuls of this mixture every 3 hours, as hot as he conveniently can.

SCURVY,

Which is known by bad breath, loosened teeth, weariness, &c. This disease requires the free use of vegetables, vinegar, &c. Elixir Vitriol (No. 6) may be taken in the dose of 20 to 25 drops, in a wine-glass of water.

BAD WOUNDS.

If the Bleeding be profuse, it must be stopped; which in common cases may be effected by lint or tow pressed closely on the part, and secured by a band-

age. Do not remove the dressing until the third or fourth day, when it can in most cases be removed without much force. Should the part swell, or become very painful, cover the dressings which stick with a poultice of biscuit, boiled very soft. When the dressings will come off, and the pain and swelling abate, dress with Basilicon (No. 35). If prond-flesh arise, touch it with Blue Stone (No. 34) moistened in water.

GUN-SHOT WOUNDS.

Remove any bullets, splinters, cloth or bone, which can be done with the fingers. The first dressing should be of dry lint, over which should be laid a pledgit of soft tow, and the whole kept on with a bandage; the patient should take a dose of salts; after the operation of which 20 to 30 drops of Laudanum [No. 5] may be given every hour until he is quiet; he must be kept as easy as possible, live on the lightest food that can be had, and abstain from all pirit. dressings should be kept on till they become uneasy; they must then be carefully removed, and lint, dipped in sweet oil, put on and removed once a day. If the wound swells and becomes painful, and the discharge small, a poultice of biscuit, boiled soft, and mixed with some oil, may be put over the above simple dressings; repeat the doses of salts frequently. Should it, on the contrary, become flabby, look glassy, and discharge a considerable quantity of bloody matter, or should it lose its sensibility and become black and foul, you must dress it with Basilicon (No. 35) spread on lint and may be dipped in brandy or rum. Give the patient a teaspoonful of Bark (No. 4) 3 or 4 times a day in a glass of wine. If he is too loose in his bowels give 15 or 20 drops of Laudanum (No. 5) or if he should be costive, a table-spoonful of Elixir Salutis (No.13) may be taken with the first dose of Bark (No. 4). If a gun-shot wound should not bleed freely at first, and the patient is stout and plethoric, you must bleed at the arm until he is faint.

BROKEN BONES

Should be replaced as well as possible, and bound up with a bandage moderately tight; 2 or 3 splints or thin pieces of board, covered with tow, may be placed over the bandage beside the limb, and secured with a string. To keep the swelling down, bathe it frequently through the bandage with Brandy, Vinegar, or Sugar-of-lead water; and if the swelling should increase so as to make the bandage too tight, it must be now and then carefully slackened.

IN ALL COMPLAINTS

To which the human frame is liable, abstain from salt meat, spirits, violent passions, &c. Let the person be kept clean, have fresh air, and a change of clothing as often as circumstances will permit.

INDEX.

For FEVERS see Emetics,		
		Jalap and Calomel.
		Dover's Powders.
		Nitre,
		Laudanum,
		Elixir Vitriol.
		Bark.
	FEVED AND ACTIE	
	FEVER AND AGUEBark. CRAMP IN STOMACH Laudanum and Peppermint.	
	CHOILES TOMACH Lauda	num and reppermint.
	CHOLICS Laudanum	and Calomei & Jaiap.
	FLUXES OR DYSENTARY see	
		Castor Oil,
		Laudanum.
	COSTIVENESS	
		Purging Pills,
		Elixir Salutis.
	COUGHS AND COLDS	·Paregoric,
		Emetics,
		Purging Pills.
	BURNS	Sugar Lead
		Turner's Cerate.
	FAINTINGS	Sal Volatile.
	RHEUMATISMS	
		Camphor,
		Laudanum.
	PROUD FLESH	
	TROOP FEESIT.	Blue Stone.
	HEAD-ACHE	
-	HEAD-ACHE	
		Emetics,
	WHAT IN A T	Purging Pills.
	VENEREAL	
		Mercurial Pills,
		Mercurial Solution,
		Ointment,
		Red Precipitate,
		Blue Stone.

For the particular use of the above articles, see General Directions.



VENEREAL DISEASE.

I now come to treat of a Disease that is the bane of many seamen-a shame to those that have imbibed it -and even disagreeable to mention-I mean the Venereal Disease. Many are the remedies made use of for a cure: a few of which I have selected out, and which may be used in their turn as needed. I have, however, deviated from the plan exhibited in most works of this kind on the treatment of the disorder. being convinced that the mode heretofore pursued is attended with many evil consequences-I mean the use of injections. It has been fully ascertained that persons labouring under this disease can be cured in one half the time by taking medicines internally to what they could by making use of injections. first stage of this complaint the cure is to be conducted by abstinence from all high seasoned food and ardent spirits, and making use of the Balsam (No. 25) in the dose of half to one teaspoonful 3 times a day. This is a most excellent medicine, and will seldom, if ever, fail of curing a simple clap in a few weeks without any thing else. But if the disease has got a little into the blood, it will be best to take the Mercurial Solution (No. 31.) The dose is from 30 to 40 drops, morning and evening, in water. Should a purging be

induced by this quantity the dose must be diminished. and 30 drops of Laudanum (No. 5) taken. If the mouth becomes sore by using it, omit it for a few days, and give a dose of salts every 3 or 4 days till the soreness has gone off; then if the disease is not cured give the Mercurial Solution again as before. If sores break out upon the yard, wash them in a solution of No. 26 two or three times a day, and dress them with Mercurial Ointment (No. 32) till they are healed. swelling comes in the groin rub a piece of Mercurial Ointment upon the inside of the thigh as large as a nutmeg, night and morning, for a week. If it does not disappear in that time, nor lessen, you must boil some biscuit very soft and poultice it till it breaks, or is opened, then dress it as above directed for sores on the yard. Avoid spirituous liquors and salt meat.-Cordee is relieved by rubbing a small piece of Mercurial Ointment on the under part of the yard, and taking a dose of Laudanum (No. 5) at night.



